

# Perspectives on HIV Prevention Counseling from the RESPECT-2 Study

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## *Session Outline*

Project RESPECT Summary

RESPECT-2 Study Overview

Counselor Observations on HIV Rapid Test Counseling

Client Preferences Regarding HIV Testing and Counseling

Success at Achieving Client-Generated Risk-Reduction

Plans

# Project RESPECT

## *Overview*

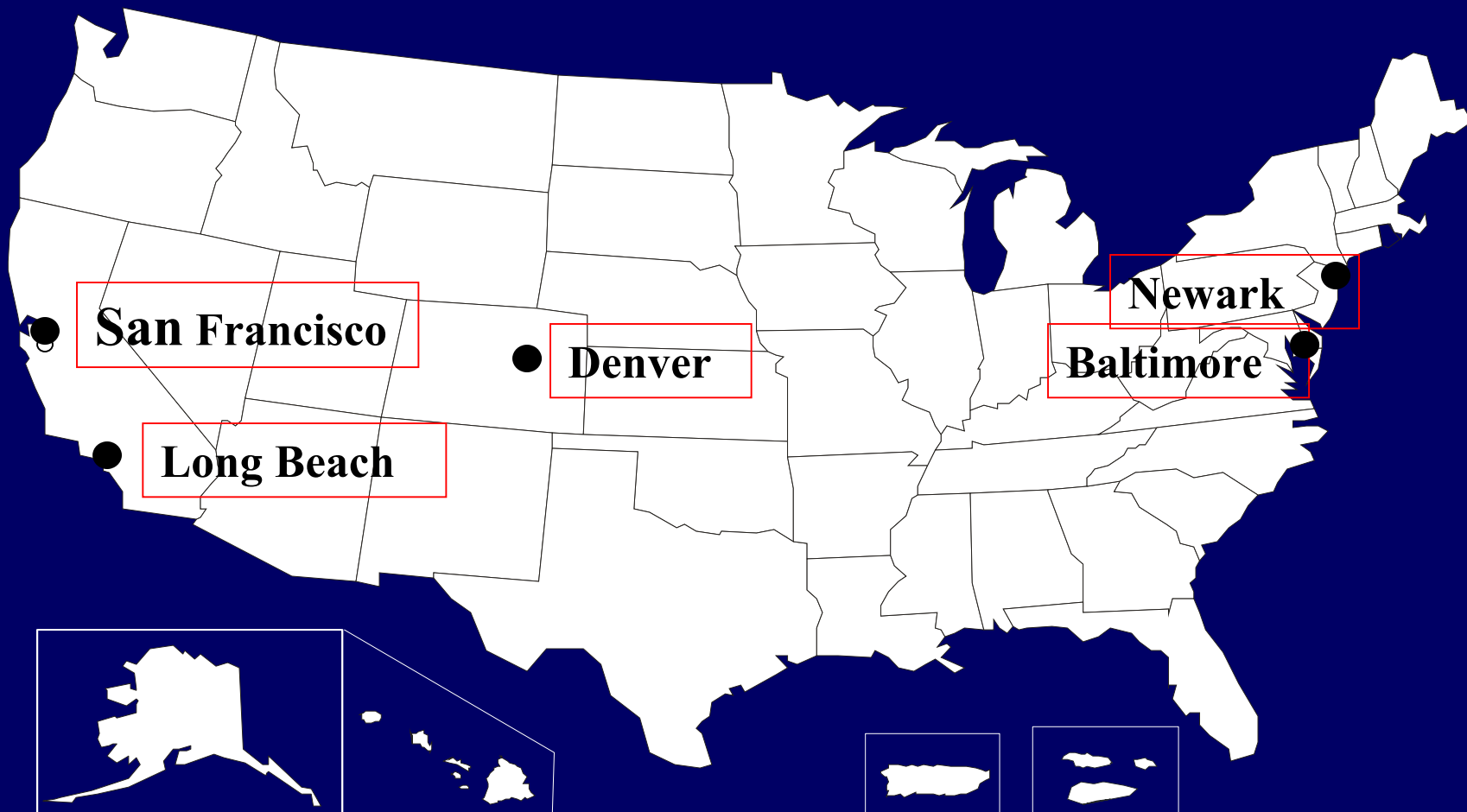
### Setting

- Five public STD clinics
  - Long Beach, San Francisco, Denver, Baltimore, and Newark
- July 1993-September 1996

### Participants

- 5758 heterosexual, HIV-negative patients aged 14 years or older who came into the clinic for STD examinations

# Project RESPECT Study Sites



# Project RESPECT

## *Interventions*

Participants Randomly Assigned

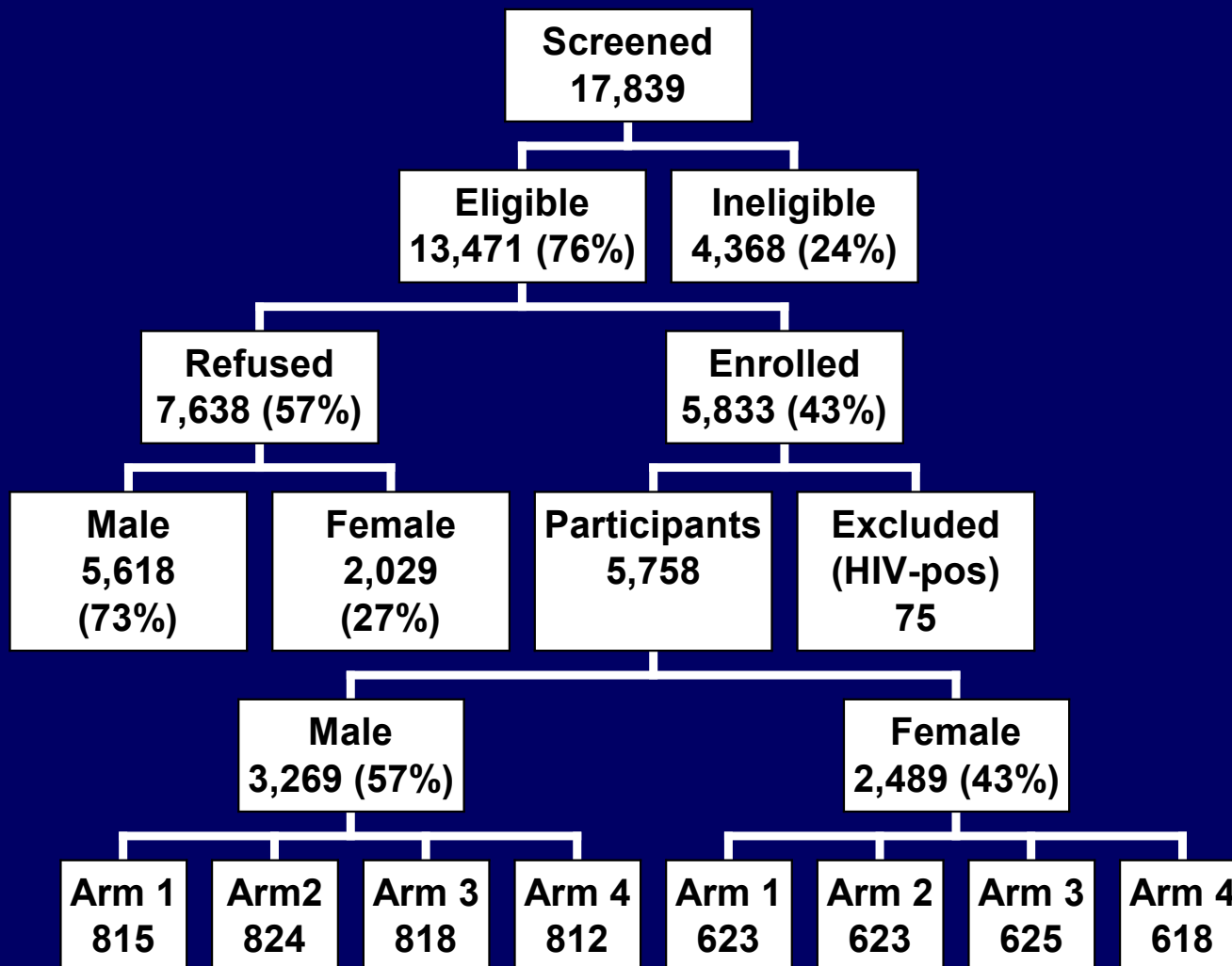
Arm 1 - Enhanced counseling/4-theory-based sessions

Arm 2 - Brief counseling/2 interactive risk-reduction sessions

Arm 3/Arm 4 - Didactic messages/2 brief sessions typical of current care at the time of the study

*(Incentives were provided for attendance at intervention sessions)*

# Project RESPECT Enrollment



# Project RESPECT

## *Outcome Measures*

- Participants followed for 12 months
- Self-reported condom use/sexual risks
- New diagnosis of STDs by laboratory tests
  - gonorrhea
  - chlamydia
  - syphilis
  - HIV

# Project RESPECT

## *Results*

- Significantly lower incidence of STDs among both men and women participating in interactive counseling sessions (Arms 1 and 2)
- Greatest impact among adolescents and individuals diagnosed with an STD at their initial visit



# Project RESPECT

## *Results*

- At 3- and 6-month follow-up visits, self-reported 100% condom use was higher in both the enhanced counseling and brief counseling arms (1 and 2)
- Through the 6-month interval, 30% fewer participants had new STDs in both the enhanced counseling and brief counseling arms (1-2)

# Project RESPECT

## *Results*

- Through the 12-month study, 20% fewer participants in the enhanced counseling and brief counseling arms had new STDs
- Findings were consistent across all study sites



## ***RESPECT-2*** ***Background***

- Project RESPECT demonstrated that 2-visit HIV counseling is effective at reducing incident STDs
- In non-research settings, however, many clients do not return for HIV test results and do not receive the second counseling session
- The counseling intervention was effective at preventing STDs in the first 6 months, but effectiveness lessened over time



## ***RESPECT-2 Background***

- Rapid HIV testing technologies allow people to be tested and receive their results during a single clinic visit
- Rapid HIV tests are **now available\*** and likely to become widely used in the future

\* the only licensed test has had limited availability and other tests awaiting FDA licensure



# ***RESPECT-2***

## ***Study Design***

- Randomized Clinical Trial
- Participants randomized to receive one of two interventions at enrollment
- One half of each group randomized to receive a second intervention six months later
- Participants followed for 12 months with follow-up visits at 3-month intervals (4 total)



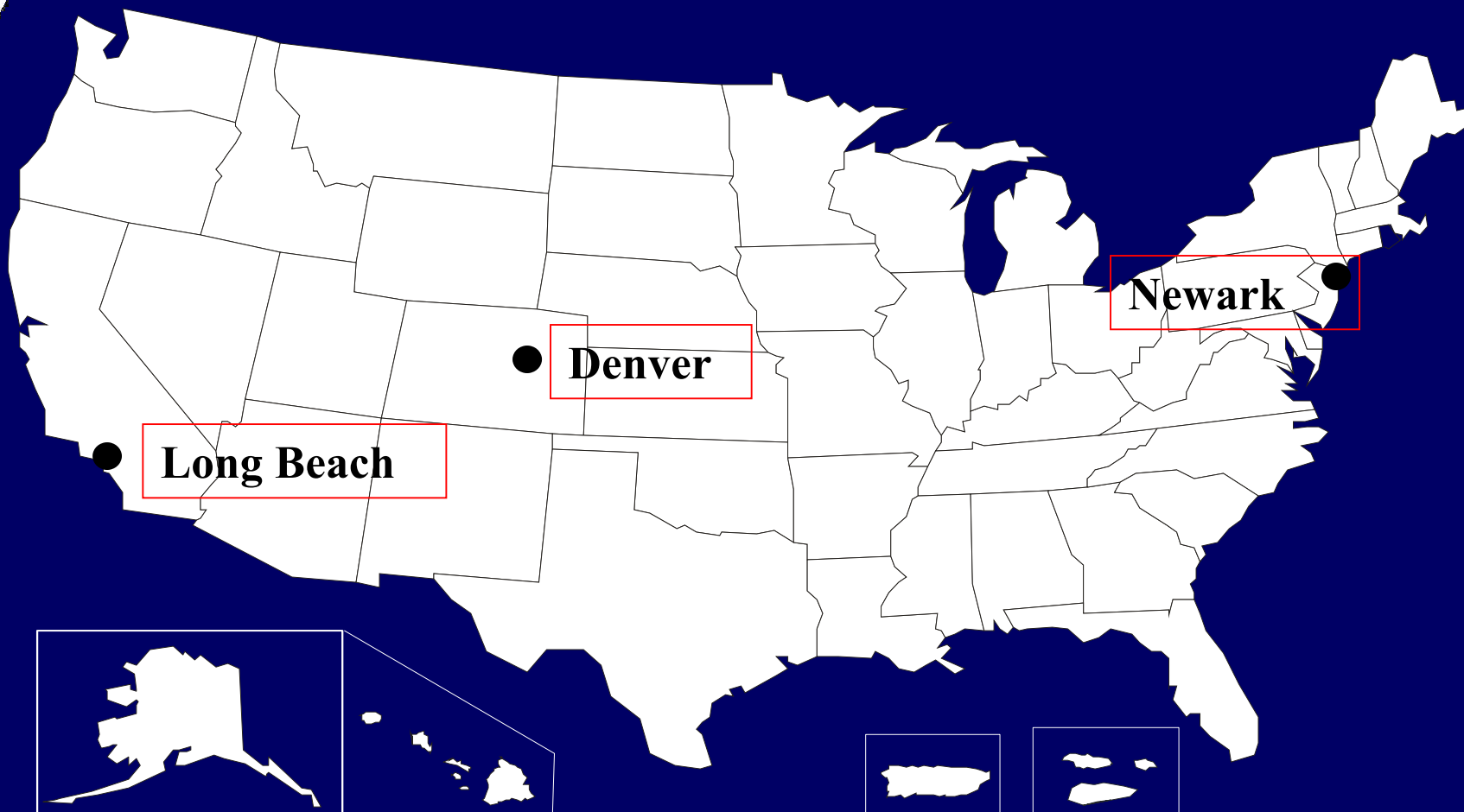
# ***RESPECT-2***

## ***Setting & Stage***

- Research Setting
  - Three Public STD Clinics
    - Long Beach, Denver, and Newark
- Enrollment February 1999 to December 2001
- Follow-up ongoing
- Investigators still blinded to participant intervention assignment



# RESPECT-2 Study Sites





# ***RESPECT-2***

## ***Participants***

- HIV-negative patients who came into clinic for STD examinations and provided informed consent
- 15-39 years of age (Denver/Long Beach);
- 18-39 years of age (Newark)
- Participants must live in the local area, speak English, and have had sex in the past 3 months





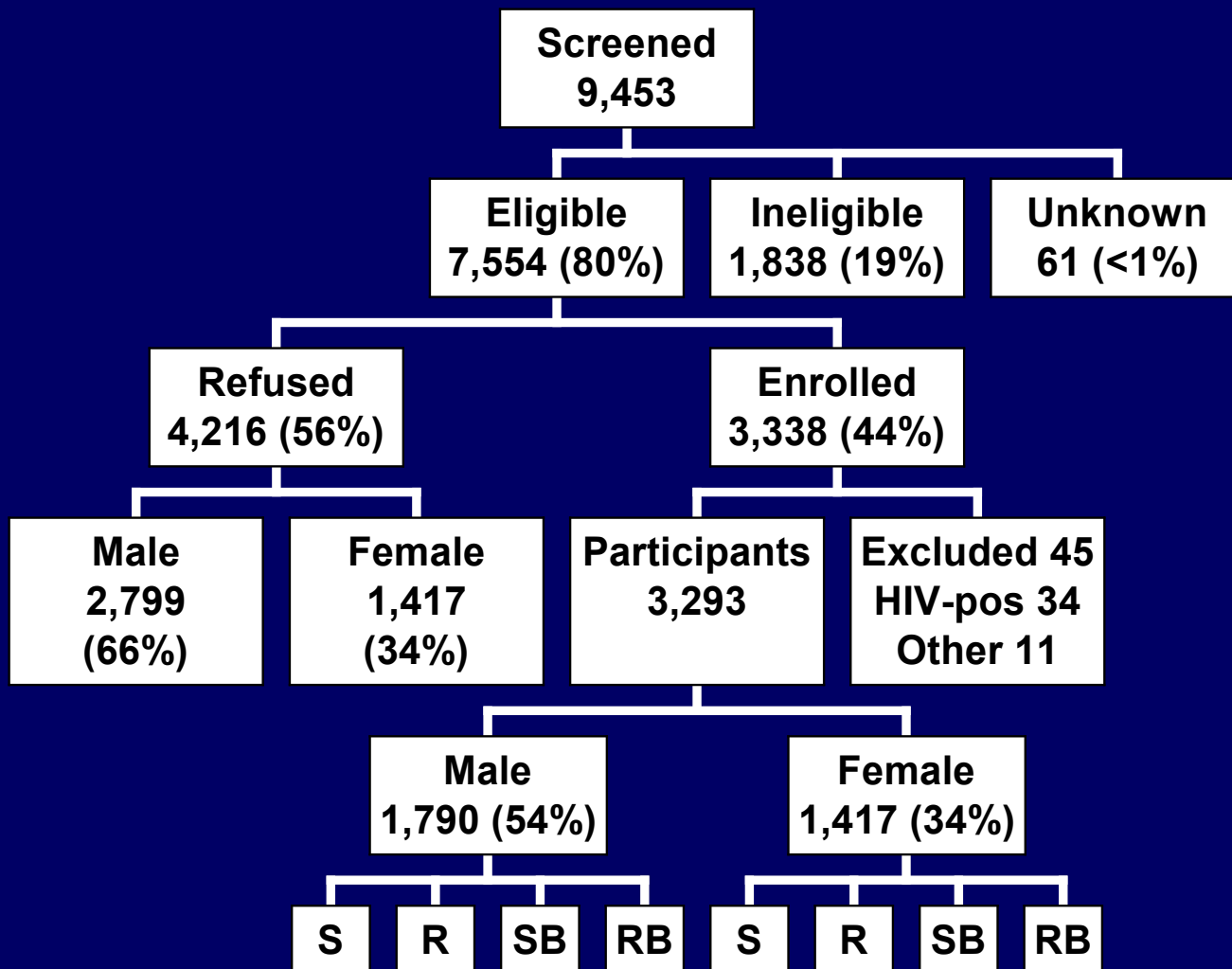
# ***RESPECT-2 Interventions***

Participants Randomly Assigned

- Arm 1: Standard Testing
  - Standard HIV test and two risk-reduction counseling sessions 5 to 10 days apart
- Arm 2: Rapid Testing
  - Rapid HIV test (SUDS) and two risk-reduction counseling sessions completed in a single visit
- Half of the participants are randomly assigned to receive a booster counseling session during the 6-month follow-up visit (Arms 3 and 4)



# RESPECT-2 Enrollment





# ***RESPECT-2***

## ***Outcomes***

### Behavioral

- Audio Computer-Assisted Self Interview (Audio-CASI) behavioral questionnaire at baseline and each follow-up visit

### STD

- Tests for gonorrhea, chlamydia, and trichomonas at enrollment and each follow-up visit
- Tests for HIV and syphilis at baseline and 12-month visit



# ***RESPECT-2***

## ***Participant Demographics***

- Sex
  - 54% Male
  - 46% Female
- Race/ethnicity
  - 47% African American
  - 24% White
  - 19% Latino
  - 10% Other
- Mean age 26 years (age restricted to 15-39)
- Nearly 6% men who have sex with men



# ***RESPECT-2***

## ***Rapid Tests***

- Approximately 1660 participants received SUDS
- Results:

Site	Preliminary SUDS +	Confirmed SUDS + by WB	Preliminary EIA+	Confirmed EIA + by WB
LB	4	1	5	2
Denver	4	1	2	1
Newark	14	13	20	18
Total	22	15	27	21



## ***RESPECT-2***

### ***Rapid Tests (continued)***

- Total HIV discrepant results:

	SUDS- Positive	EIA- Positive
WB Negative	7*	6

\*In Long Beach, one SUDS positive/indeterminate WB at baseline; WB negative at 3 and 6 month follow-up



# ***RESPECT-2 - Follow-Up***

***(for those reaching end of follow-up window  
and target date of 2/28/2001)***

<b>Returned number (eligible)</b>	<b>3 Month Follow-up</b>	<b>6 Month Follow-up</b>	<b>9 Month Follow-up</b>	<b>12 Month Follow-up</b>
Long Beach	76% (931)	72% (854)	71% (710)	73% (555)
Denver	77% (1238)	75% (1131)	75% (928)	76% (651)
Newark	68% (1051)	65% (912)	63% (731)	58% (506)
Total (All Sites)	74% (3220)	71% (2897)	70% (2369)	70% (1712)